

# BRIDGES

## FASHION:

Snowy athleticism plants florist's seed for style **P. 4**

## GARDENING:

Buttercups look beautiful but the flowers are not fit for dinner **P. 26**

## SHARP EATS:

The 10 best local finds to take on your summer picnic **P. 30**

WEDNESDAY, JULY 9, 2014

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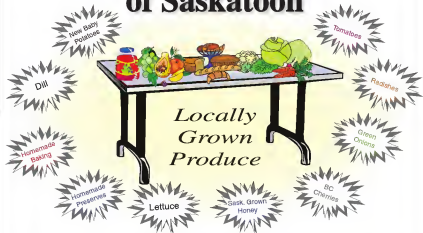


## THE NATURE OF HEALING

FLORENCE WEAVER'S FLORIST TECHNIQUES  
HELP OTHERS GET BETTER — AND THEY'VE  
WORKED ON HER OWN LIFE AS WELL. **P. 8**

FREE

# Community Farmers Market of Saskatoon



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# INDEX

## # ON THE COVER PG. 8



Joe Lavender has used his artistic talent to help many people, and even horses, achieve their dreams.

## # TABLE OF CONTENTS

### FASHION — 4

Snowy at Jarcen plans to visit soon for style.

### READ MY BOOK — 7

Author Wes Peart's Out Spoken: Perspectives on Queer Identities

### ON THE COVER — 8

How the Lovell heads everything from her community to horses.

### IN THE CITY — 14

A moment in time: Photographer Michelle Berg's shot that defines the week.

### CROSSWORD/SUDOKU — 15

### EVENTS — 18

What you need to know to plan your week.

### ON THE SCENE — 24

An evening with Saskatoon food, drink and music: clues in the Night Market.

### WINE WORLD — 25

Bubbly helps summer love blossom.

### GARDENING — 26

Buttercup beautiful to look at but not for dinner.

### REST OF OUTSIDE THE LIMES — 28

One of our favorite outdoor activities from last summer by artist Stephanie McKay.

### SHARP EATS — 30

The 10 best local finds to take on a summer picnic.

## # FASHION PG. 4



Tanya Anderson's creativity blossoms every day in her work as a floral designer. (c) photo in context

## BRIDGES COVER PHOTO BY MICHELLE BERG

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## FASHION YXE

Which music festivals are you going to this summer?  
What are you going to wear?  
Send a photo to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN FASHION

## Tanya Anderson: Ravishing in red

By Ashley Martin

Whether bold cut-out pleated blight and hair and trunks of state mint jewelry it's a little difficult to imagine Tanya Anderson as a sexbomber.

But believed it or not, her sexy artbathroom planted a seed for style.

Her mom Patsy Johnson recalls Anderson as a 10-year-old.

"Mom, I don't need to match. Sweatbands don't need to match!" said Johnson. "I think from that day forward she kind of did her own thing."

Though today a touch of avant-garde, 1960s influenced frames and in-day moody snuggles of vintage vintage, Anderson doesn't consider a baggy as her influence. Her major fashion philosophy is to never blend in.

"I like to stand out," said Anderson. "I always have this habit of fitting in or blending in."

## CREATIVE CAREER

Anderson has a liberal arts code at work as a designer at Warehouse Flower Shoppe in Regina, her family's business. For that, she counts herself lucky.

"I work everyday as a fashion show because we show up on our full blog and show and enjoy thing," said Anderson.

"We do deal in animations, so I'm looking a fancy! I need to come to work to be prepared for that, so we don't get too off the wall."

## SKATER GIRL

In elementary while studying for kindergarten Anderson's style must have been shoes. She wore them with everything.

"I remember going to the clubs in mini skirts and fancy shoes and skate shoes and that was the staple of my wardrobe for a long time."

## MOTHERHOOD &amp; LA MOISE

When Anderson became a mom to Brent (almost three) and Oliver (almost one) she didn't compromise on her style.

"It's really effortless because my kids have cooked with me. They're kind of given me the understanding they can play with my necklaces but they can't tie at them."

"Mom dresses are great because you can bond and you don't have to worry about anything. You can get on the floor and jump in or jump on. Over some time for that reason. Plus, we're a whole, especially when we're running around on Canada Day or something."

## DRESSING DOWN

Even while sampling (her family got a seasonal into the year) she's pretty laid-back.

"Casual for me is definitely still chic, a mini dress or a nice little sundress and sandals," said Anderson. "If you see me in bright red face and just black liquid eyeliner, I'm dressing down. Those are my new basics."

## LOCAL LOVE

Anderson likes to shop local and likes Hawk Models, Cade and Queen's as a few of her favourite shops.

"There isn't anywhere in Regina that I can say doesn't have amazing product and amazing service. I don't know why anybody wouldn't want to shop here."

## STYLE ICONS

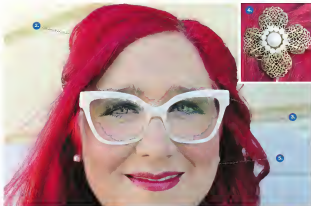
Though she admires Queen Stefan and Nicole Richie (he later for her "books" I don't really give a shit, baby," Anderson doesn't copy anyone.

"I'll often put something together something that I think works and then a day or two later I'll see it somewhere and I'll be like, 'Oh, it's done!'"



Tanya Anderson  
PHOTO BY DON HEALY

## FASHION



## TODAY'S LOOK

**1. DRESS:** Anthropologie. "I really liked the fabric... and it wasn't working for me, she cut. So when I got home immediately I called Dean [Barwick]. A lot of the things I have in my closet, either he's touched or worked on or altered."

**2. HAIR:** The colour is new to Anderson but she's wanted red hair "forever."

"I've always wanted to do it and it just seemed like the right time."

Less than a month ago she made her return to acting colour after a few years of natural-looking blond which she felt was a more practical choice to save salon time.

**3. FRAMES:** Her collection has grown over the years — "I have more frames than I have shirts" — and so have the actual glasses.

"I look back on what I thought was big five years ago and they were actually really small."

Anderson is a loyal Visa Optical customer ever since she was a kid and was presented glasses for the first time. "I was so pleased that I got to wear glasses because I just loved an 'auntie accessory'."

**4. HAIR CLIP:** Anthropologie.

**5. MAKEUP:** Red lipstick is Anderson's cosmetic staple.

"I have a bucket full, but I have to say Ruby Woo from MAC is definitely my go-to."

Today she opted for MAC Viva Glam and Kat von D. "I kind of wanted the look of them to try and get close to my hair colour, just because I thought it would be 'sexy' today."

**6. JEWELRY:** Cylindry Kern from Mexican Flower Shopper. "It's our statement pieces, large chunky crystal, beautifully made stuff" which she often wears with Hilborn & Berk. "I like to wear the two jewelry lines together given a lot because they complement each other."

**7. TATTOOS:** Three from Las Vegas, which were all a little impulsive. "I'm very much a fly-by-the-seat-of-my-pants girl."

Her wedding date in Roman numerals (her husband has the same one) "I don't often wear a wedding band because of the line of work I'm in, I just absolutely inhaled."

The names of her sons, Broox and Oliver. "Oliver, who was my main focus to a few things, ended up the florist in her family."

**8. SHOES:** These Fry pumps (her all-time favourite) are from Zoe's Boutique. She had them for six years. "I feel like they go with everything. They have not dated themselves, they're built to last."



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# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# WES PEARCE

## For Out Spoken: Perspectives on Queer Identities

When the University of Regina's Queer Initiative (UQRI) was formed in 2006, its primary goal was to bring together the gay, lesbian, bisexual, transgendered and queer (GLTBQ) herd to shed and exchange ideas on cultural group that was casual but at the same time offered an avenue of support.



Wes Pearce

I suggested the Speakers Series as a relatively easy way to raise the group's profile and to give UQRI a public face on campus. The Speakers Series was awarded

on the very successful Inside OUT Series at the University of Alberta and, like the U of A model, would feature a wide range of faculty members, graduate students, members of the community and visiting friends from other campuses.

Organizing and coordinating the series became a labour of love and every semester I enjoyed putting together a diverse array of presentations and topics, everything from biology, popular culture (including presentations from Madonna, the L word, gossip, Doctor and Rockabilly (Mad), history, literary theory, textual analysis, leadership, community development, social analysis, curriculum development and personal growth.

When the University of Regina

Press approached me about creating an anthology around the Speakers Series, I was very excited by the opportunity. Around campus, Jean Hildebrand is a lot of a legend and so she has been pretty out, and queering pedagogy and curriculum while many of the contributors to this anthology were still in graduate school. In the 20th she tried to offer the first queer course on campus but no one signed up for her class on lesbian literature. She is now an award-winning writer. I immediately asked Jean if she would help co-edit the book. "Significant, creating the anthology became a labour of love. In connecting with all of the participants, re-energizing ourselves with the individual pieces of writing (some that were huge re-

visions from the verbal presentation), and then slowly finding a path that connected all of the essays together took the better part of a year.

The essays that we received were diverse, multi-interdisciplinary, provocative and passionate—a mixture of the series itself.

Although it was never my intention to create a book on "queer identity" as we did, and revised the pieces. It became clear that in some way all the pieces were asking "what does it mean to be queer?" (or gay or lesbian or bi?)

Out Spoken: Perspectives on Queer Identities is available from McNally Robinson Bookstores, university bookstores. Chapters and online at [www.westpress.ca](http://www.westpress.ca)






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**President 1989 Jeux Canada Games**

**\*Remarks by Catherine Le May Dean**

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# ON THE COVER

It (helps me) understand others better and be more forgiving. —Flo Lavalie

#NATURAL MEDICINE

## Flo Lavalie helps heal body and soul holistically



Holistic Flo Lavalie visits Patterson Garden in Saskatoon to point out some of the plants that can be used for herbal remedies. **WORDS PHOTO BY MIGHTY 1070**

By Jenn Sharp

For Flo Lavalie, healing goes beyond the person sitting in her treatment room.

The doctor of natural medicine performs a variety of holistic treatments: like reflexology and iridology and takes a non-drug approach to health.

Outside her practice, she works tirelessly,

advocating rights for disabled people, women and the environment.

Lavalie hasn't had an easy journey, she's battled a debilitating injury drug addiction and her son's suicide. But she's come out on top.

Her journey in healthcare has gone from nurse looking to healer.

"Healing takes you everywhere," she smiles.

Over the years, Lavalie belatedly came back to her roots from the Saskatoon Blades in her home, and many went on to play professionally. She introduced them to reflexology treatment and a natural healthcare approach. One young man she treated was featured in Home Gaze, a movie based on a book written by Kim Dwyer (former Montreal Canadiens goalie) and Ray MacGregor.

She always maintains her connection with nature. It's where she draws her strength and her pop Nicknamed Flo Honey Beehive, one of Lavalie's favourite past times is "pushing bush" — walking in the bush, picking berries and herbs. She believes her roller coaster of a life has made her a better healer.

"It (helps me) understand others better and be more forgiving."



I like her approach. She's a very good listener. She's dealt with a lot of personal stuff so anything you tell her, it's not like she's heard it for the first time. — *Matt Knight*



Ph.Lavinia, pictured at a healing plant walk during May's Native City Festival, anticipates her first book.

♦ ♦ ♦ ♦

Healing runs in Lavinia's blood. Her great grandmother, a herbalist in Prince Rupert, wrote a book in 1906 called *A Practical Guide to Herbs*. "I grew up eating dandelion greens like candy and picking dandelion leaves for my mom to make wine," says Lavinia. (A dandelion planting grows the cover of one of the two books she's published.)

Lavinia grew up in St. John's, where her family settled after emigrating from Prince Rupert.

She met her future husband Doug as the poked line in 1989 at the Victoria Hospital in Prince Albert. Both worked there at the time — Lavinia in the psychiatric ward, Doug as a nursing orderly. Doug had three young children when they met.

Doug is Métis and Lavinia has connected with his family and heritage. She has also studied with medicine men and women in Saskatchewan's First Nations communities. Next year, she will be inducted into the Council of Elders,

a great honour from the Saskatchewan Council of Native Herbal Associations Inc.

Shortly after marrying Doug, Lavinia hit down a flight of cosmic shivers. Three operas began, including the record of her lifetime, would follow for the genre. At the lowest point, doctors told Lavinia she would never walk again after the third operation. She would never walk again.

Confined to her bed and in a body cast, the pain and depression led her into a long, dark battle with personality drugs. She questioned her future, knowing she would be able to no longer in her current job.

"One night at 2:30 a.m., I had this vision. My great grandmother was standing at the foot of my bed, saying, 'There is hope. You can change your career and you can still be a productive member of society.' I was so distraught at that time. I'm a people person. All of a sudden — to be a cog in a wheel — I couldn't do that any more."

*Continued on Page 30*

# Saskatoon's FLAVORITE Event

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One night at 2:30 a.m., I had this vision. My great-grandmother was standing at the foot of my bed, saying, 'There is hope. You can change your career and you can still be a productive member of society — Lavalie'



Fla Lavalie studied the historic City Palace's hunting plant walk near the Terrace House, stewardship dock on the Museum Valley Trail and honoured those who have suffered abuse. (Photo: Lavalie/Fla Lavalie)

After three years, and at the insistence of her doctor, she went to the Royal University Hospital in Southampton for nine days — she needed help to come off the drugs.

"(There were) antidepressants, mood stabilisers, it was not pretty."

Upon returning home, she had one prescription left from a doctor at Prince Albert. She had a decision to make — get rid of it or keep it.

"I'll never forget that she looked it down the toilet and I regretted it for many days after that. But I never went on prescription drugs after that."

After rehabilitation and time

spent in doctors to keep her spine straight, she recovered and was able to walk.

"It was a very difficult time for me because I didn't know where my life was going. I had a difficult time adjusting to a different way of life. I was a doctor. I wasn't a person to receive," she says.

Lavalie has been sober for 30 years.

"It didn't come easy. I think that's what makes me a better today — it's because of all my own personal experiences. God puts people in front of you for a reason."

For the money that she's helped,

she is that person. One client and friend says Lavalie has helped her in more ways than one.

When she was touring for men there in Britain and New York, Marie Knight taught Lavalie's advice on diet, supplements and referrals.

"She has so much knowledge — what foods to eat and what to stay away from. That was huge for me," says Knight, who calls Lavalie a positive, freeing force in her life.

I like her approach. She's a very good listener. She's dealt with a lot of personal stuff, so anything you tell her, it's not like she's heard it

for the first time."

"You have to have someone to be there in you. You have to have some one to walk with you through this path," explains Lavalie.

♦ ♦ ♦ ♦ ♦

Lavalie's oldest son Lance, a pre-med student at the University of Saskatchewan, was 17 when he committed suicide in 1981.

He left behind a letter where he talked about the opportunities his family offered him. Lavalie's name was the only one mentioned in the 30 pages.

"He was unable to take advantage of these things. He basically was a selfish young man," she says.

He'd had an argument with his girlfriend, went to her house and took a couple tablets he had made in the lab at school.

"He was not happy here. His relationships with everybody were just unsatisfactory."

Lavalie's daughter, who was 16 at the time and has cerebral palsy, had been sexually abused by Lance.

"We never realized it until the day of his funeral, when she was lying on her bed crying. He was my big friend."

They can see your aura and your chakras, which basically radiate. There's a communication that only horse lovers can understand and appreciate. —Lavalie



Ph Lavalie who does equine astrology takes a look at TJ's eyes. ABOVE: PHOTO BY MICHELLE BROS

Lavalie still visits his grave, she, doing so helped her forgive him and get over her own anger.

"I believe in the forgiveness process," she says.

After Lavalie's death, she's spent at many high schools about suicide and how that an untimely death affected her family. She's also visited those dealing with suicidal thoughts and shared a few lessons along the way. But she doesn't resolve well. That's why she throws her energy into so many community projects.

In 2001, Lavalie started funding and the best to build Turner's House, a safe house and healing center for female survivors of childhood sexual abuse. She served on the board for three years, raising \$2.5 million.

Her interest in the project began because of her experience helping her daughter deal with a second instance of sexual abuse.

It took Lavalie four years to get her through the justice system, but in the end, the charges were stayed because her daughter

couldn't remember exact dates and times. In 2002, Lavalie met with the provincial justice minister, advocating for a new protocol for people with disabilities.

"Now people with disabilities can sue an agency in this province as they don't have to sue their attorney," she adds.

Turner's House closed due to a lack of funding in 2001. Now, many of the survivors from Turner's House come to the Waterloo Community Clinic where Lavalie has led health workshops for women for the last 10 years. She works there for two days a month through the Student Wellness Initiative Toward Community Health (SWITCH).

"A lot of those women come because it's a safe place — The legacy lives on in a different way."

The clinic is the first place Lavalie feels she truly belongs.

"These people accept you for who you are. They don't ask any questions, like where you're from and about your education."

Continued on Page 10

## Authentic Amish Cooking



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### Raspberry Custard Kuchen

- |                                 |                       |
|---------------------------------|-----------------------|
| 1/4 C. Flour                    | 1/4 C. Salt           |
| 1/4 C. Cold butter or Margarine | 2 T Whipping Cream    |
| 1/4 C. Sugar                    | 2 C Fresh Raspberries |
| 2 Eggs, beaten                  | 1 T Flour             |
| 1 T Vanilla                     | 1 C Whipping Cream    |



Grind 1 C. Flour with butter till in crumb. Put with 1/4 C. Cold butter and mix thoroughly. Sprinkle over flour and stir in eggs, cream and vanilla. Press over crust. Bake in 375 for 40-45 minutes in preheated oven. Some extra is added. Store in the refrigerator. Yield 10-12.

### Spinach Salad

- |                       |                              |
|-----------------------|------------------------------|
| 1/2 C. Oil            | 1 T Apple                    |
| 1/2 C. White Vinegar  | 1/2 C. Sour Cream            |
| 1/2 C. Sugar          | 1/2 C. Fresh Apple Sprinkles |
| 1/2 C. Ground Walnuts | 1/2 C. Salad Dressing        |



Combine the oil, sugar, sour cream and mustard. Shake well or blend well. Sprinkle over spinach. Add walnuts and cranberries over the spinach.

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In the work she does in the community and with patients, she's a huge advocate for the best possible way to look after your own health. —Arla Gustafson

The Landfells followed the Northcote Professional Challenge as isolation circuit in Aucklanders for several seasons in the early 1980s. Living in a tent with their children from May to October, Landfells worked as a healer—both for the racers and for the horses, while her husband serviced the wagons.

"He'd never been around the circuit before, never owned blue jeans before," recalls the woman who grew up with horses.

She does endology on horses, which tells her their deficiencies and if they're suffering from an injury along with equine massage and likely like makes herbal poultices for cuts as well.

Horses develop an energetic relationship that's different with each person.

Because of that you can walk into a strange field of horses and only certain horses will come to you.

"They can see your aura and your chakra, which basically radiate. As a result of all that there's a connection that only horse owners can understand and appreciate."

She speaks to the negative stereotypes about chiropractors saying, some feel the spirit is shaken. "That's not true. That's what horses are used for. They're bred to run. Most of these horses come off the race track. As soon as the whistle goes, they know it's time to go. They've got that energy to go."

In May Landfells was happy to return to the circuit again, this time working with a father-son team.

Whether it's horses or those in pain, Landfells excels at giving them a voice.

After listening to her cancer clients were travelling to Edmonton to use the PET/CT (Positron Emission Tomography) scan. Computer Tomography scan there, she sprang into action.

As advancing medical imaging technology the scan helps detect cancer in the initial stages and also determines if any cancer remains after chemotherapy and radiation is finished. It's also used for heart and screening purposes, along with de-



While in her row of picking and eating berries, Arla Landfells is also one of the best berry farmers. She says berries are one of the healthiest foods you can eat. SUBMITTED PHOTO

ments and Alzheimer's research.

"It gives people that confidence it changes people's attitudes totally. They don't have to live in fear," says Arla Gustafson, CEO of the Royal University Hospital Foundation.

In January 2011 Landfells and a chest x-ray with health minister Don McNamee.

(There was a need for our province and our city to have the) and so cancer alerts would not have to travel to other provinces, (and) to need the coal and uranium of their health future," she says.

In March, a funding partnership was announced. On Landfells'

birthday last year, Gustafson thanked her for a private tour of the soon under construction. It opened June 26, 2015 in the PatientCare Centre of Molecular Imaging at the Royal University Hospital.

"That was the best birthday I've ever had," says Landfells with tears in her eyes. To date, 1,119 people have used the scan.

"You can't explain to people what that feels like."

Gustafson says Landfells is a strong voice in the health community.

"It is instrumental in explaining to people what PET/CT scans' benefits are," adding that Landfells'

talents engaged even further.

"In the work she does in the community and with patients, she's a huge advocate for the best possible way to look after your own health. She works with patients and their families to assess the resources," says Gustafson.

Landfells also advocated the College of Medicine to adopt alternative medicine into the curriculum. Most students now shadow her at her clinic.

Thanks to funding from Cancer, Landfells took eight disadvantaged women to the YWCA Women of Distinction dinner. She wanted to give

them hope for their future.

"So they get to see what it feels like to come from that environmental and move on and to see other First Nations women get awards."

She feels it's her duty to help her community and she does it to make the world a better place for the next generation.

"I want my children and grand-children to have the same opportunity that I've had. If we don't make the path for them, then there's no purpose in being here."

[arlagustafson@shaw.ca](mailto:arlagustafson@shaw.ca)  
Twitter: @arlagustafson

## FLO'S FIVE FAVOURITE HERBS:

### YARROW

- Pick it in pastures — where yellow and purple, although you'll mostly see the white kind
- Can be dried and used as a tea; flowers can be used for teas; leaves will dry leaves to cure a headache
- Used as treatment for blood disorders — will treat the red blood cells and white blood cells



### JUNIPER BERRIES

- Pick northern Saskatchewan
- Use in mild meat — make small steaks in meat and roast before roasting
- Drink as a tea to cure bedwetting, bladder or urinary tract infections

### SAGE

- One of four sacred herbs — used by aboriginal community as a sacred herb
- Use for turkey or wild rice dressing — use by dried and garlic, then add sage
- Drink as a tea, artists, women with hot flashes and other problems, dandruff, menopause



### LABRADOR (MUSKOGEE) TEA

- Aboriginal community uses it for its anti-inflammatory healing properties
- Grows in northern Saskatchewan



### MENT

- Used in essential oils, for making candy soap and soother the digestive tract
- Popcorn for use for treating headaches and digestive upset

### DID YOU KNOW?

- Herbs are high in calcium — drink as a tea or eat as a vegetable
- Rhubarb leaves can be made into a soup — it's delicious served with mashed potatoes and milk
- Our population a lot of education — too much sugar ruins your taste buds. Eat a cross section of bitter, pungent and sour foods and try to avoid sugar
- After Chemo: chemo is the only plant that grows. It introduces itself as a healing plant.
- Raspberry leaves are high in iron — make a tea from the leaves to help prepare the uterus for birthing during the last six weeks of pregnancy

First 250 kids get a free plush toy!

# Cameco Family Day at the ZOO

Media Partner The StarPhoenix

## Sunday, July 20th

Saskatoon Forestry Farm Park Zoo  
10:00 a.m. - 4:00 p.m.

Activities for children of all ages!

Singing with Sylvia  
Mendel Art Caravan  
Charlotte the Entertainer  
Keeper Maroonette Show  
Apollo Juggs and games  
Big Games from the Giggly Factory  
Hole Hoopster Kurla  
Meet the Keeper talks  
Meet some of our socialized animals  
Face painting  
Investigation Stations (animal artifacts)



## \$30 Family

(Children 2 adults and an 8 children from the same household)  
\$25.00 for Saskatoon Zoo Society members or StarPhoenix coupon holders

Includes: Family and parking fees for Family  
No gift certificates or cash for Family passes  
Receipts from 9:00 a.m. to 4:00 p.m.  
Guest pass not for return  
Must order by the Saturday  
For best day's experience  
includes photos

StarPhoenix Family Day Coupon

## \$5 off family admission

Save \$5 on Family Day tickets in admission charge at the Zoo! This coupon is \$25.00 per family. It includes 2 adults and up to 8 children 18 years of age and under. No cash. No refunds. Coupon is good at the Zoo July 20, 2016. From 10:00 a.m. to 4:00 p.m. Only. Coupon has no cash value. Possible coupon redemption on this day. Can be used with Family purchase. Can be used in conjunction with the coupon should by entering the a membership code.

For more information, [saskatoonzoo.ca/society.ca](http://saskatoonzoo.ca/society.ca)



The StarPhoenix

# IN THE CITY

# JULY 6, 2016 — 10:17 A.M.

**Fore!**



Aspiring young golfer Jackson Wright golfs with PGA Tour Canada player Michael Busto at Silverwood Golf Course in Saskatoon. **STARS PHOTO BY MICHAEL DODD**



# InStyle

FASHION TRENDS

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## EVENTS

What you need to know to plan your week.  
Send events to [bridges@thephoenix.com](mailto:bridges@thephoenix.com)

## # MUSIC

Wed., July 9

**68 Roots**  
Buds on Broadway,  
817 Broadway Ave.

**Scott Weiland w/ Suzanne  
Yola**  
O'Brien's Events Centre,  
241 Second Ave. S.

**Eryk Weir of the Constant  
Lines w/ Joe Nolan**  
Amigos Cantina,  
632 104th St. E

Thurs., July 10

**Brian Macneaney**  
Crabbers Restaurant &  
Lounge,  
1-227 Peachtree Dr.

**Erinweaver & The Rooters**  
Buds on Broadway,  
817 Broadway Ave.

**GGG presents Sharon Van  
Elten w/ Jane Hunter**  
Amigos Cantina,  
632 104th St. E

**Tommy Alba w/ Pandemonium  
and Phishwits of Peace**  
Vern's Tavern,  
661 Broadway Ave.

**Maglax and The Sons of  
Ovenator**  
Rock Bottom,  
13418 Broadway Ave

Fri., July 11

**Screamers**  
Buds on Broadway,  
817 Broadway Ave.

**Forever Young**  
Army & Navy Club,  
359 First Ave. N

**Two Tall Dudes**  
Moksha Hotstain,  
2138 Eighth St. E

**William and the Shadows**  
Fairfield Senior Citizens'  
Centre,  
103 Fairmont Ct



Scott Weiland will perform at O'Brien's Events Centre on July 9. Photo: Mike Roda

**Hallbound Hiccups**  
Amigos Cantina,  
632 104th St. E.

**Electric Revival w/ Iain  
MacLennan & Thea D'Arcy**  
Rock Bottom,  
13418 Broadway Ave

**Idia Raina**  
Star's Place,  
106-10 Ruth St. E.

**Kelly Reed**  
Pizz's Pub and Grill,  
1403 104th St. E

**Undercover Pirates**  
Ben Torres Cafe,  
223 Second Ave. S.

Sat., July 12

**Screamers**  
Buds on Broadway,  
817 Broadway Ave.

**Forever Young**  
Army & Navy Club,  
359 First Ave. N

**The Rhythminers**  
Nathan's Legion,  
3021 Louisa St.

**Latin Night: Lee Berrington**  
Downtown Legion,  
500 Sotheby Centre W.

**The Last Keys**  
Moksha Hotstain,  
2138 Eighth St. E

**Gleny Cheaps w/ Gummer  
and Ben**  
Amigos Cantina,  
632 104th St. E

**Dr. Good w/ Jane Ona, Zina,  
and Kila**  
Capital Music Club,  
244 First Ave. N

**Idia Raina**  
Star's Place,  
106-10 Ruth St. E

**Kelly Reed**  
Pizz's Pub and Grill,  
1403 104th St. E

Mon., July 13

**Mama & the Pigeon Train**  
Buds on Broadway,  
817 Broadway Ave.

**Tyler, the Creator**  
O'Brien's Events Centre,  
241 Second Ave. S.

**Idia Raina**  
Star's Place,  
106-10 Ruth St. E

**Richard Hamilton Paints**  
Ben Torres Cafe,  
223 Second Ave. S.

223 Second Ave. S.

Tues., July 15

**Dick Macneaney**  
Buds on Broadway,  
817 Broadway Ave.

**Jan Lane and Mike Anderson**  
Ben Torres Cafe,  
223 Second Ave. S.

# ART

**Mindel Art Gallery**  
Until Sept. 14 at 930 Soledad  
Ave. E. Surrealist exhibi-  
tion: Convoluted Bread

**Mindel Art Gallery**  
Until Sept. 14 at 930 Soledad  
Ave. E. Surrealist exhibi-  
tion: Convoluted Bread

**Use Selfhome gives a talk/**  
tour for the Carr show July 20,  
1 p.m. The Artists by Artists  
Mentorship Program reflects  
Scott Weiland's work with his  
mentor, Matt Lennox.

**Veel Gallery**  
July 10 until Aug. 2 at 2-1003  
81st St. E. Borders by  
Michael S. Haines. Paintings  
of the Canadian Rockies, with  
aerial views shown overlap  
to predict urban sprawl and  
recreate a new

**Gordon Snelgrove Gallery**  
Until July 11 at Room 101 of the  
University of Saskatchewan's  
Murray Building. Special  
A visual display of design  
methodologies by designers,  
art directors and creative  
directors from Saskatoon  
Society of Graphic Designers  
of Canada/Saskatchewan  
North Chapter. Reception  
June 11, 7 a.m. to 10 p.m.

**The Gallery at Frances Mon-  
rovia Central Library**  
Until July 11 at Frances Mon-  
rovia Library. Dead Book Store  
by Karen Hastings. Drawings  
of images represent the loss  
of books, new Dead Book Store

**SCWAP Gallery**  
Until July 11 at 252 Third  
Ave. E. The Journey - Rio  
Javier Cien. A Grade Eight  
environmental and social  
justice program completed  
by 26 students from across  
Saskatoon.

**ATVity Gallery**  
Until July 12 at 873 Broadway  
Ave. Art of the Book. A joint  
exhibition by the Canadian  
Bookbinders and Book Artists  
Guild for their 30th anniver-  
sary.

**Yinco Gallery**  
Until July 13 at Market Mall.  
Landscapes by Gerald May  
ray. Photographs by Alex Se-  
neca. Half-Point Project, David  
Baskin and Jon Tennant.  
Paintings by Lesley Karpman



# EVENTS

## Fun Factory Indoor Playground

Daily at 1500C Quebec Ave.  
A giant indoor playground for young children. Adults and children under one year are free. There is a separate brand in area for children under two.

## Children's Play Centre

Daily at Lonsdale Heights Mall.  
A fun safe environment for preschool children to play. Please note this is an unpermitted play area, and adults must stay with and supervise children at all times.

## Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

## Stars and Striders

Wednesdays, 1 p.m. at Centre Cinema in The Centre. Choose

of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

## Movies for Mommies

Thursdays, 1 p.m. at Rainbow Cinema in the Centre. An intimate family environment with reduced sound, change tables, bottle warming and stroller parking.

## Puppets at the Mart: A Saskatoon Story

July 10, 1:30 p.m. to 2:30 p.m. at the Mart Theatre, 324-328 St. E. Presented by staff from Mainwain Valley Centre. A story about the early years of Saskatoon. Donations are appreciated. Information at 306-555-6871, [whit@mvcc.ca](mailto:whit@mvcc.ca).

## Heartbeating Life

Thursdays, 3 p.m. to 11:30

a.m. at Westside Primary Health Centre, 2411 Fairview Dr. A drop in support centre for breastfeeding women. Services will be facilitated by a lactation consultant with a brief educational presentation and time for interaction with the other mothers.

## Go Seek Clinics

Second Thursday each month, 3 p.m. to 6 p.m. at Pregnancy and Birth Centre, 3-365 23rd St. E. Get your seals checked and questions answered by a trained Car Seat Technician. Call 306-251-7931 or email [whale@goseek.com](mailto:whale@goseek.com) to register. Drop-ins also welcome.

## SLCC Saskatoon Evening

### Social Meeting

The Second Thursday of the month through August, 6:30 p.m. at First Coastant Church, 528 Alexandra Ave. All women interested in breastfeeding are welcome. They meet the sec-



Go Seek Clinics are held every second Thursday each month, 3 p.m. to 6 p.m. at the Pregnancy and Birth Centre, 3-365 23rd St. E.

ondary and Thursday of the month, January to April. Call 306-655-4800, email [booksale@slcc.org](mailto:booksale@slcc.org) or email [slcc@slcc.org](mailto:slcc@slcc.org).

## Canadian Light Source (CLS) Public Tours

Thursdays, 1:30 p.m. at the

Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Free admission is required. Call 306-621-3644, email [outreach@lightsources.ca](mailto:outreach@lightsources.ca) or visit [lightsources.ca/education/public\\_tours.php](http://lightsources.ca/education/public_tours.php).

## Shops 'n' Stroll

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at the Mall at Lonsdale Heights. Classes consist of power-walking, baby-scaping moves using exercise tubing and a socializing for parents and babies. Register at [www.saskatoon.ca/fitness](http://www.saskatoon.ca/fitness) or call 306-251-7931.

## Coffee Time for Mom

Fridays, 9 a.m. to 10:30 a.m., at Global Bookies Box, 1-105 Central Ave. Moms enjoy a free cup of coffee while children play in the playroom.

## Baby Talk at SPL

Fridays, 10:30 a.m. to 12:30 p.m., at Alive Turner Branch Mondays, 16-30 Ave., at 1001 King Street and 25 Wood Street and Thursdays, 10:30 a.m. at 1001 King Street. Half hour singing and rhymes, then mingle with other parents.

**TAKE SOME TIME  
FOR YOU  
AND GET THE  
WHOLE STORY.**

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## FREE FAMILY FUN! EVERY SUNDAY, 2-4 P.M.

Just drop in. Children should always be accompanied by an adult. Family arriving every week, PLUS these special events:

**July 13, at 2 p.m.** Birding Slide Show and Nature Walk led by blider and naturalist Mary Hays

**July 20, at 1 p.m.** Curator Talk/Tour with curator Lisa Balderson for the exhibition *Convulsed Beauty: In the Company of Emily Carr*

**July 20, at 2 p.m.** Flea Air Outdoor Workshop for Adults. Instructed by artist Nancy Lowry. All skill levels welcome. Materials provided.

**At Museum Calgary:** Open Daily 10 a.m. to 5 p.m. (300) (Central 416) 300-6701 [www.museumcalgary.com](http://www.museumcalgary.com)



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# EVENTS

## Funky Artisan's Summer Kids Camp

Until July 31 at Funky Artisan's Studio. For ages eight to 11. Discover elements of art, use many media types and sources, explore new techniques and applications, learn art history, and keep a daily sketchbook with a field trip to the Mendenhall Art Gallery. To register email funkyartisans@hotmail.com

## Craft and Story Time

Saturdays, 11 a.m. at Indigo Books, 3322 51st St. E. in the kids' section. Call 366-344-3387.

## Saskatoon Zoo Summer Camps

Mondays to Fridays, until Aug. 22 at the Saskatoon Zoo. For kids ages seven to 14. Spend a week at the zoo and get to know the animals. Hands-on experiences, crafts, and games. Reg. lunch and



Get to know the animals at Saskatoon Zoo Summer Camps. Mondays to Friday until Aug. 22 at the Saskatoon Zoo. Photo by Scott MacLean

snacks are included. Mondays to Thursday, with a campfire lunch Friday. Visit [saskatoonzoo.ca/summer-camps](http://saskatoonzoo.ca/summer-camps).

## Teddy Bear's Picnic

July 13, 10 a.m. to 4 p.m. at the Main Residence, 305 101 St. E.

Bring a stuffed animal and join in songs, stories and games. Suitable for children under six and their families. Hot-beverage snacks will be served.

## Something on Sundays

Sundays, 2 p.m. to 4 p.m. at

the Mendenhall Art Gallery, 550 Spadina Ave. is Free Family Fun for ages four to 12, accompanied by an adult. Art-making activities and by gallery artists. Supplies are provided. July 13, for the birds. Includes: medals inspired by birds. Also Free Family Fun, a slide show and nature walk led by naturalist May Hays.

## Prenatal Yoga

Mondays, 10 a.m. to 11 a.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Daily breathers deals with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [mpt.ca](http://mpt.ca) or by email: [info@mpt.ca](mailto:info@mpt.ca). No class email bookings.

## Prenatal Yoga

Mondays 6 p.m. to 7 p.m., at Pregnancy and Parenting

Health Centre, 248 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage. Inauguration Call 366-3551. Email: [info@mpt.ca](mailto:info@mpt.ca). No class email bookings.

## Salvation Army Beaver Creek Camps

Monday to Friday, July 11 to Aug. 22 at Beaver Creek. Includes music camp, adventure camps, men's and kids camps, teen camp and family camp. Visit [beaver.camp-sa.ca](http://beaver.camp-sa.ca).

## Summer Music Camps for Kids

Mondays to Fridays, until July 25 at the U of S. For kids ages four to 10. Explore culture, songs, and games and play different instruments. To register call 366-166-5539. Visit [sask.usask.ca/unesf/multicamps](http://sask.usask.ca/unesf/multicamps).

## Summer Dance Camp

Mondays to Fridays, until July 25, at the U of S. For ages four to 10. Dance camps for various age groups and skill levels. Visit [sask.usask.ca](http://sask.usask.ca).

## AKSP Summer Camps

Mondays to Fridays, through Aug. 1 at Williams Studio in the U of S Williams Building. Art camps for kids ages five to 16. Week-long day camps where kids learn to draw, paint, draw, drawing, painting, printmaking, mixed media, sculpture and photography. Visit [sask.usask.ca/aksp-camps](http://sask.usask.ca/aksp-camps). To register call 366-966-5539.

## NAS Basketball Kids Camp

Until Aug. 21, 9 a.m. to 3 p.m. in Saskatoon. For ages seven to 16. Skills development camp, teaching rules, fundamental and basic skills. Finishes with the North-South Summer Tournament, Aug. 22-23. To register call 366-263-2625 or visit [nas.ca](http://nas.ca).

## Nuts About Nature At Beaver Creek Conservation Area

In total, My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



**Dear Chip,**  
How many babies can a deer mouse have?  
Sandra



**Dear Sandra,**  
Dear mice are small rodents about 20 cm long from nose to tail. They are called deer mice because the colouring of their fur resembles deer: dark on the back and white on the legs and underneath. The tail is also dark on top and white underneath. Deer mice can live in many different kinds of habitat, though they avoid wetlands. The Deer Mouse has a tremendous breeding potential. Theoretically, one pair of mice could produce four litters in one year; if all of the babies survived to have litters of their own, and if all of their descendants survived, the descendants from the original pair would number ten thousand in one year! Of course, in a balanced ecosystem this never happens. Predators are very important in helping to keep rodent populations stable. Weasels, foxes, coyotes, hawks, and owls are just some of the animals that put mice on their menu.

Send your questions to me at the address below, then watch Chip for the answers.

Your pal, Chip

Address: Laura Avenue South  
4100 W. Highway 107  
R1P 2Y6  
http://www.beaver.cre.ca

Website: <http://www.beaver.cre.ca>  
E-mail: [chip@beaver.cre.ca](mailto:chip@beaver.cre.ca)



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# EVENTS

## Points Race #6

July 12, 10 a.m., at Saskatoon International Raceway. Admission at the gate.

## Discovery Dash

July 12, 11 a.m. to 2 p.m., in Rotary Park. Crafts, raffle and games for all ages. With a barbecue and children's activities. Supporting the Children's Discovery Museum. Visit [saskatoonforlife.ca/ok](http://saskatoonforlife.ca/ok).

## Live at Larch 2014

July 12, 10 p.m. to 11:30 p.m., at the Victoria School Little Stone Stage. Live local music outside on Broadway. July 12 features Jay Mallit.

## It's a New Generation

Summer Jam. July 12, 6 p.m. to 9 p.m., at Brivon Landing. Hosted by Janyan Yoo. Music, dancing and live performances. Information at

306-491-0055 or 306-393-0275

## Saskatoon Yellow Jackets Home Game

July 12, 7 p.m., at Centre Field, 1022 Ave. P. Playing against the Moose. Line Miller & guests visit [saskatoonyellowjackets.com](http://saskatoonyellowjackets.com).

## Saskatoon Toggie and World Music Festival

July 12, 8 a.m. to 11 a.m. at Centre Seniors Centre, 644 31st St. E. Featuring Jim Bell and The Oyster Gang. Oyster Gang reggae band, hoop dancer Terrence Little, Afro Revolution Samba drum group Sambacore, Alpha Kids, Biko School of Irish Dance, a cappella, and Island Brass. Tickets at the Jazz Festival box office or at the door.

## Uptown Stamp Riding Circle

July 12, 8 p.m., at The Five

Dance Centre, 224 28th St. W. Saskatoon. Linda Hogg's monthly swing dance, held the second Sunday of each month. Beginner lessons at 8 p.m., followed by dancing. All ages and skill levels are welcome. Tickets at the door.

## Points Race #7

July 13, 10 a.m., at Saskatoon International Raceway. Admission at the gate.

## Yoga in the Park

July 13, 9 a.m. to 10 a.m., at Balfour Park. Led by Shelly Wroble. Yoga practice consisting of movement, meditation and breath work. Suitable for all levels. Donations are appreciated.

## A Mighty Fortress

July 13, 7 p.m., at Saskatchewan United Church. An evening of brass and organ music. 100% Janet Wilson

organ. Benji Redford and Eric Weidswirth on trumpet. Roseanne Inch on horn. Brian Unsworth on trombone, and Gary Doope on tuba. Admission is by donation.

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July 13, 7 p.m., at Centre Field, 1022 Ave. P. Playing against the Moose. Line Miller & guests visit [saskatoonyellowjackets.com](http://saskatoonyellowjackets.com).

## Sixth Annual Velocity Fests: Thunder 256 2014

July 10-14 at Auto Clearing Motor Speedway. Saskatoon Stock Car Racing Association's local race on July 10 and

the NASCAR Canadian Tire Series on July 16. Tickets at [autoclearingmotorspeedway.ca](http://autoclearingmotorspeedway.ca).

## A Taste of Saskatoon

July 13, 11 a.m. to 1:30 p.m., July 16-18, 11 a.m. to 1:30 p.m., and July 20, 11 a.m. to 1:30 p.m., in Rivers Memorial Park. A food and entertainment festival featuring more than 55 local restaurants and more than 55 local bands. Visit [tasteofsaskatoon.ca](http://tasteofsaskatoon.ca).

## THEATRE

### Shakespeare on the Saskatchewan

July 9 to Aug. 31 at the Shakespeare site. Homes and the Teming of the Jew. Tickets at 306-336-7005, [ticketsnsa.ca](http://ticketsnsa.ca). Visit [shakespeareonsaskatchewan.com](http://shakespeareonsaskatchewan.com).

## Theatre in the Park: The Red Spar

Until July 23, Monday to Friday evenings at 7 p.m., and Sundays at 2 p.m., in 20 different Saskatoon parks. Presented by Sun Theatre. A musical adaptation of the famous folk tale. Admission is free. Schedule at [suntheatre.com](http://suntheatre.com).

## Hide's Yard

Until July 27 at Station Arts Centre, 701 Railway Ave., Saskatoon. Take a peek over the fence at an ordinary family as well as extraordinary day. Set and wilds are about to call labels because empty nesters when their grown up children return unexpectedly for an extended stay. Tickets at 306-232-5332.

Food, drinks and other community services offered by 50 groups. Listings will appear in the Yellow Pages.




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# ON THE SCENE

## # NIGHT MARKET

Hot summer nights and best spread-out of divas. The Seaside Farmers Market hosted a first Night Market event on July 3. Visitors set up shop in the Market Square, while local musicians entertained. Face painting for the kiddies and an outdoor bar for the adults made the casual summer one to remember.

BRIDGES PHOTOS BY MICHELLE BERG



1. Lilyann Hugh performs

2. Leticia Fuller dances

3. Oliver and Victoria Green

4. Roger Perret, Duo Perret, Lauren Reed and Willow Perret

5. Lauren Rod performs

6. Jordan Khan and Gabriella Whelan take over the mic

7. Ryan Goldak and Kristan Jackson

8. John Delychuk, Sullivan Delychuk and Mason Delychuk

9. Sam Mitchell

10. Julianne Tan and Ying Tan





# THE WORLD

## #SASKATCHEWAN WINE SCENE

### A bit of the bubbly helps summer love blossom

By James Romanow

Life is hard and life is sweet, but life is in summer. We have sunshine, warm weather and with any luck, the first time to enjoy love.

For my whole life the inescapable bubbly of choice has been Squash Cave. This is a Canadian product that is hugely and deservedly popular here. I love champagne. Who doesn't? Make mine a 2003 blanc de blanc if you're sure you want a first. You both at splitting a 990 bottle with me? Squash as you!

If your budget doesn't stretch to that level of extravagance, buy a bottle of Cass. The best of the stuff available in Canada easily crosses the 500 mark and the most popular label in the land is a very affordable \$15.

Prosecco probably underlies everybody's wine in the world (excepting maybe Apokal). The most popular label Cordon Negro, is a staple around the New Year. Any number of people square the blended bottle label Carta Nevada, which is their loss. The grape mix is even so slightly different, with a pronounced flavor of Gewürztraminer applies. There are the usual smudges of asacua and rose flowers on the bouquet.

This is a really fine glass of bubbly when I sit it under the heat but the Bitter Dry is probably a better choice for parties and afternoon sipping, as the slight amount of sugar may



Keep you from getting too far into the champagne dip.

Pick up a bottle tonight, and give somebody a glass and a kiss. You should try to make the bottle last into the herbaceous champagne but sometimes love intervenes. You won't regret it if they say.

Prosecco Carta Nevada Extra Dry NV \$15

Many more wines on Monday's paper and on Twitter @jromanow

## Crossword/Sudoku answers

THESE	ICRM	JACKO
SAWS	ROOM	ORGAN
KNEEHOUSE	TRITE	
SCRAMBLES	ATA	
RODDO	CHOICES	
ROTT	TARROO	GALA
REMOF	ERRANTLY	
USE	HANGMAN	DEO
STANDOFF	SPORK	
FURO	POKE	FAMILY
SPARKLY	AMATE	
SHY	ABRAMS	
APOLLO	SHAMEONNE	
VADIS	RENO	NEVA
ADAPT	OMAR	SWIM

8	1	5	6	7	9	3	4	2
2	4	7	3	1	5	6	8	9
6	3	9	8	2	4	5	1	7
7	2	8	1	9	3	4	5	6
1	6	3	4	5	7	9	2	8
9	5	4	2	6	8	7	3	1
3	7	1	9	4	2	8	6	5
5	8	2	7	3	6	1	9	4
4	9	6	5	8	1	2	7	3

## Fair Trade Open House One Day Sale

First 50 people receive a \$45 Gift Certificate to Visions Salon & Spa



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# GARDENING

#GARDENING IN SASKATCHEWAN

## Buttercups: Beautiful to look at, but don't eat them

By Lyndon Penner

Many years ago, I took a class about edible flowers. I wanted to learn more about growing plants from the garden to the kitchen. It ended up being a really good time. There was a nice pit to my class named "Pete" who said at one point "I wonder if you could eat climatic blossoms. They would be so pretty in a salad." At this, the instructor looks at a horrified expression and said "No! That's the blossom issue!" You don't eat anything — I mean anything — in that entire family unless you're interested in suffering and death! So Pete decided she wasn't going to eat climatic blossoms after all.

The instructor's words intrigued me. Some plants like to drive fast cars, others collect guns or knives and I like to grow things that can kill you. We all feel a need to try dangerously sometimes. I had never thought much about Ranunculaceae, better known to most as the bellflower family. To be sure, there were plenty of representative in my garden but that was not something I had learned consciously.

It just so happened that I liked delphiniums and monkshood and primula crocus. A minor occurred to me that these well known garden perennials were related so that they were violently poisonous. For some reason, nearly everything in this large family of more than 1,000 plant species is toxic to some degree.



Spring aconite is a member of the toxic but beautiful buttercup family.  
BRIGIDA PHOTOS COURTESY LINDSEY PHILLIPS



Purple ranunculus

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# GARDENING

This entire group of plants is tragically lost. Every time I learned something about the buttercup family, I became more convinced that the children of Caribana, the three-headed dog, guardians of the gates of the underworld. An extract of mead (honey) was once used to poison wolves (hence one of its other common names, wolf's bane). It is also reportedly a component of witch's brew.

Larkspur seed extract was used to kill body lice during the American Civil War. And most First Nations cultures have at least one story about the purple crocus, my favourite, which is where a young woman getting the crocus for root beer since the purple crocus has been a cover up of rabbit fur. This makes me appreciate the heavy stains even

more, and I think we can all do with greater appreciation for heavy stains.

Every year I try to find new plants in the buttercup family to grow. This has sometimes involved painstaking attempts at germinating the seeds (not all of them are easy or co-operative) and searching far and wide for specific cultivars or varieties of these plants. I am totally enamored with this plant group.

My interest (OK, mild obsession) with the buttercup family has served me well. It has brought customers and unusual plants to my garden such as the spring Adonis, and more common and well-known perennials as well. Like the gurgles and noisy bearded anemones. The gladiolus (Trillium) are also in this family and their relatively average flowers every June till my

heart with pop. This is a family of plants with which it's well worth getting acquainted.

*Lyndee Penner, author of The Prairie Short Season Yard, will be sharing her love of Houseleek in a special class during the University of Saskatchewan Short week, July 8-11. <http://collab.usask.ca/gardening/hortweek>, 309-996-2210 or [lyndee@penner.ca](mailto:lyndee@penner.ca), usask is for more information on markets and registration.*

*Have a gardening question? Contact GardenLine 204-961-5816 or [gardenline@usask.ca](mailto:gardenline@usask.ca)*

This column is provided courtesy of the Saskatchewan Perennial Society ([www.saskperennial.ca](http://www.saskperennial.ca)) or [saskperennial@usask.ca](mailto:saskperennial@usask.ca). Check out our bulletin board or calendar for upcoming horticulture events (Larkspur & Learn at the Forestry Farm, garden tour July 13)



Source: (flower) Photo: (credit) - MEGAN PHOTOGRAPHY (credit) - MEGAN PHOTOGRAPHY

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# Best of OUTSIDE THE LINES



## # Colouring contest

Each week Stephen McKay creates a family illustration inspired by please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bristol@bristolandnow.co.uk](mailto:bristol@bristolandnow.co.uk). One winner will be chosen each week. Please have entries in by Monday at 9 a.m.



Last week's contest winner is Dayvin Kulkarni. Thanks to everyone who submitted entries!

# The StarPhoenix FESTIVALS SASKATOON



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# SHARPEATS

See a food trend you think deserves a highlight in Bridges?

Email [bridges@thestarphenix.com](mailto:bridges@thestarphenix.com)

or visit Bridges on Facebook

## # SASKATCHEWAN FOOD TRENDS

# Ten locally-made summer picnic must-haves

By Jenn Sharp and Ashley Martin

Summer has finally arrived! It's time to break out the picnic basket and head out to your favourite spot for a meal in the sun. We rounded up 10 of the best locally-made food and drink items to take on your summer picnic:



Living Sky Winery's refreshing rhubarb wine is made for sipping in the sun. (Photo by Michelle Hill)

## LIVING SKY WINERY RHUBARB WINE

Price: \$28 including tax

A medium dry, fresh-tasting fruit wine, it's made just outside Saskatoon near Pelly. This wine is so good that it sells out regularly and customers have even been known to fight for the last bottle!

Available at Saskatoon and Regina Farmers' Markets, along with Experiences Artisan Market in Saskatoon.

## NVIGORATE SEABUCKTHORN SPLASH AND GELATO

Price: Juice, \$4 and gelato, \$4

Recipes from \$2.50 for two scoops, \$3.50 for 100 mL, to \$4.50 for a "juicy tale"

Seabuckthorn berries are rich in antioxidants, Vitamin C and E, which are great for the skin. They're also a source of Omega 7 fatty acids, which work well for reducing the moisture loss in the body. The best part about these tart orange berries though? They taste great, especially when blended into a puree (the Splash product) or paired into a creamy gelato. The gelato contains 45 per cent fruit and relatively low amounts of sugar when compared to your favourite yogurt.

Available at the Northern Vigen Berries stand at the Saskatoon Farmers' Market, as well as Dad's Organic Market in Regina and Saskatoon, SaskMade Marketplace and Sander's in Saskatoon.



Seabuckthorn Gelato and Splash from our own Michelle Photo by Michelle Hill



## RIVERSDALE DELI'S HOUSE OLIVE MIX

Price: \$3.10 per 100 grams

Dig into this incredibly fresh blend of eight olive varieties (which change regularly), marinated in olive oil, bay leaves, fresh herbs and lemon.

Available at Riverside Deli, 187 28th St. W.



The house olive mix at Riverside Deli in Saskatoon. (Photo by Michelle Hill)



Port soaked gorgonzola, camembert and soy and pepper Gouda from Herschel Hills Artisan Cheese House in Saskatoon. (Photo by Michelle Hill)

## HERSCHEL HILLS ARTISAN CHEESE

Price: Ranges from \$5 to \$8 per 100 grams

Arguably some of the finest cheese in Saskatchewan can be found closer to home. Happy cows make delicious cheese — the Herschel Hills cows graze in big green pastures, producing high quality milk. That milk makes cheese liberally bursting with flavor. If you like a bold gorgonzola or prefer a subtle Gouda, they've got you covered.

Available at the Saskatoon Farmers' Market and Experiences Artisan Market, Dad's Organic Market, SaskMade Marketplace in Saskatoon.

## WILD SERENDIPITY FOODS' ONIGIRI

Price: \$3 or two for \$5

Michele Zinner makes these Japanese rice balls by hand before every Saturday morning market. A delicious little occasion.

Port of sticky rice and seaweed paper, there's three flavors to choose from: Red bean, mozzarella cheese and asparagus. Gelatin is made to be portable, and the covering even includes encouraging instructions.

Available at the Saskatoon Farmers' Market on Saturdays mornings.



Crab, Japanese rice ball made by Michele Zinner. (Photo by Michelle Hill)

# SHARPEATS



Cuppa T makes a variety of tea-infused ice cream. **SHARPEATS PHOTO BY KATHY MARTIN**

## CUPPA T ICE CREAM

**Price:** Per cream 20, ice cream sandwiches 25.  
There's nothing better than ice cream on a hot day—especially when that ice cream is made of wholesome ingredients and no junky additives.

Made the old-fashioned way with cream, milk, sugar and eggs, Cuppa T makes 16 flavors of tea-infused ice cream (including passion, citrus, romesco, Canadian maple and cranberry Earl Grey) and three kinds of ice cream sandwiches (Lemon Love is the bestseller).

Available at the Regatta Farmers' Market and at Cuppa T, 2122 13th Ave.



Trogi Salsa: variety photo by KATHY MARTIN

## TROGI SALSA

**Price:** \$7.50 for a jar.  
For as many weeks, you can't go wrong with chips and salsa. For 1 1/2 years, Regatta Island Trogi Salsa has been available in three flavors: original (red), hot and mango/pineapple. Now a fourth flavor is in the works—chili-lime. Pick up a bag of tortilla chips and you've got yourself a satisfying snack.

Available at the Regatta Farmers' Market and Deluca Star Deli, 1511 Victoria Ave.



Quinoa salad from Soup. **SHARPEATS PHOTO BY KATHY MARTIN**

## QUINOA SALAD

**Price:** Ranges from \$1 (small)—one cup to \$12 (large)—\$10 and 1.

Shelly Lambert has mastered mild weather comfort food with her delicious soups at Soup. Simply But lately she's switched her focus.

Her organic, glutamine quinoa salad is delicious and nutritious: shock full of chickpeas, cucumbers, peppers, tomatoes, feta and balsamic drizzle.

Check out Soup. Simply's new food truck, which includes a few other salad varieties (tomato-onion with bacon, shepherd and rustic), remains solid: solid (great).

Available at the Regatta Farmers' Market.



Soft Food Pickles makes a variety of pick and vegetables. **SHARPEATS PHOTO BY KATHY MARTIN**

## PICKLES

**Price:** Less than \$10.

Pickles may be the perfect snack—savory and low-calorie. And at Soft, you can find a variety of pickles you might have never considered, from carrots to ramps to peppers to classic cucumbers. Thinking about the ramps is making our mouth water.

Available at Soft Food Design, 369-980 Victoria Ave.



Over the Hill Orchard's organic juice is a refreshing beverage that's too friendly. **SHARPEATS PHOTO BY KATHY MARTIN**

## GRAPE AND CHERRY JUICE

**Price:** \$3 for 300 ml, or \$9 for a litre.

Here's a beverage the whole family can enjoy. Over the Hill Orchard's juices are simple and refreshing, with only three ingredients—juice (either cherry or grape), made from fruits they grow on their farm near Lumberton, water, and organic cane sugar.

Available at the Regatta and Seabrook Farmers' Market, and at various stores across the province (look out where it over the hill stands).

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